



Keeping Your Skin Healthy

Why is healthy skin important?

Skin is the largest organ in your body and plays an important role in protecting it. It holds in body fluids, prevents dehydration, and keeps out harmful germs. Because your skin is so important, you should keep it as healthy as you can.

What does your skin need to stay healthy?

- Exercise. It increases the flow of blood to the surface of your skin.
Eat a balanced diet that includes protein like fresh fish, fruits, whole grains, and fat-free or low-fat dairy products.
- Use sunscreen if you plan to be outdoors for more than a few minutes. Sunscreen helps to reduce the chance of skin cancer and wrinkles. The sun's harmful UV rays affect everyone, not just people with fair skin.

Find out more!

The National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health, has **free**, easy-to-read information about skin health. Download or order these and other topics at <http://www.niams.nih.gov/multicultural/>, or call toll free at **877-226-4267** (TTY: 301-565-2966).

- Acne: Easy-to-Read Fast Facts
- Anyone Can Get Skin Cancer (National Cancer Institute)
- Atopic Dermatitis (Eczema): Easy-to-Read Fast Facts
- Psoriasis: Easy-to-Read Fast Facts
- Scleroderma: Easy-to-Read Fast Facts
- Vitiligo: Questions and Answers



National Institute of
Arthritis and Musculoskeletal
and Skin Diseases